

Module 10, Lesson 11 Quiz:

HIIT

1. The best definition of HIIT is:
 - a. A specific workout that combines various intensity over a specified time period
 - b. Short bursts of high-intensity exercise followed by short rest periods**
 - c. A series of exercises that flow together with breath work
 - d. A ballet based exercise class that uses strength training and cardio components
2. The principles of HIIT workout lend the experience to be:
 - a. Consistent and predictable. There aren't many variations
 - b. Limited in the cardio equipment and variations of strength exercises
 - c. Good for weight loss and building strength and aerobic and anaerobic fitness**
 - d. Good for class experiences, but not accessible outside the gym environment
3. When it comes to timing meals and snacks with a HIIT workout in mind, you should help your clients:
 - a. Adjust the protein in the meals to maximize strength building and recovery
 - b. Consider if they will need a snack during the workout
 - c. Add extra electrolytes if you are worried about dehydration
 - d. Time the foods so that energy is maximized during the workout**
4. To help with cellular damage from a HIIT workout, _____ are recommended, along with omega-3 fatty acids and quality protein.
 - a. Antioxidants**
 - b. Fiber
 - c. Vitamin D
 - d. Creatine